



# Branching Out

## The Upper Peninsula of Michigan OA Intergroup Quarterly Newsletter

Volume 3, Issue 2

[www.upperpeninsulaoa.org](http://www.upperpeninsulaoa.org)

May 2012

### Upper Peninsula OA Intergroup Chairperson Annual Report

May 2011-April 2012

#### "Faith without works is dead"-BB pg 88

First off, I want thank you all for allowing me to do service for this intergroup. That said, I must admit that service is not my natural inclination. When I hear of an opportunity for service, my first thought is "I have no time for that." But on second thought-do I really have time not to serve? Yeah, I know, I don't always like where this new enlightened way of thinking I have obtained with this program takes me either. But, I also can't diminish where this program has brought me. Almost 6 years ago I walked into the rooms of OA at 253lbs and someone did service-led the meeting, greeted me, participated, talked to me, and called me. They showed me how to get a sponsor, get a food plan and shop. They showed me the steps and how they could be done. Of course, I did the footwork, but I have no idea where the willingness and acceptance to do it has come from. To this day, I am still amazed at my gift of abstinence obtained by that same willingness and acceptance. Now, don't get me wrong-my feet are well grounded in the clay of the earth-of this I am reminded of daily with things I must report in my inventory. But I never let that diminish the miracle abstinence has been to me. Abstinence has gotten me thru good times and some bad times. My faith has been tested and strengthened and tested again-and grown even stronger. At age 50, I finally found a way to live that works for me. So what do I do to protect and continue with this way of life? I get up and do what I don't always want to do, I say yes-or maybe when I

usually would say "heck no". Or I ask for a time out-pause- and see where my Higher Power would have me. It's worked so far and I know it can continue to work—as long as I work it!!! The Big Book says on page 77 "Our real purpose is to fit ourselves to be of maximum service to God and the people about us"—as our Intergroup continues to grow, I ask each of you to consider where you find yourself in this grand scheme of things—ask the question "Where do I want to be of maximum service to my Higher Power?"—or better yet—where can I challenge myself to be of maximum service? We need you, our individual groups need you, and by golly, you need you!! In the last year our IG has accomplished a lot. We have met monthly, sponsored a retreat, supported booths at several health fairs. We are working at developing a more active outreach committee and outreach plan (hint hint-opportunity for service). We are considering the purchase of a cell phone to have a central local number for people to contact for information (hint hint-another opportunity for service) and also looking at purchasing a professional display board. Being on this intergroup for me has not only been an opportunity to serve, but also an opportunity to grow. Without challenge I will never change, without change, I will never grow, without growth I will die. Today, I am choosing a life of abstinence and for me that also means service. Please join us—together we can do what I could never do alone! Hope to see you soon in the rooms. Martha K.

**2011 OA Intergroup Retreat Committee**  
**Volunteers: Paula, Laura A., Mike, Delain**

It was the best weather ever. Must have been in the 70's and the trilliums covered the hills.

After settling in to our comfortable surroundings in Newberry, we all got together for an Ice Breaker, opening talks from our guest speakers and a OA Meeting focusing on the Fifth Step. Saturday started with a fun relaxed morning learning ZenTangle. A compulsive activity that we all took to. We enjoyed being able to create such intricate designs from such simple moves.

Our guest speakers gave much of themselves with their stories sharing their experience, hope and faith with us. We were honored to receive them. In the afternoon, Judy, the Region 5 Representative held a workshop explaining the OA service structure, the twelve traditions and the 12 concepts. We learned how we can rely on meetings to help the suffering compulsive eater walking in the door. Where as, an intergroup, helps a group of local meetings to stay in touch and create local events or other services which are beyond the financial capability or volunteer-power of individual meetings. Region 5 covers Michigan, Wisconsin, Ohio, Indiana, Northern Illinois, Southern Ontario and Kentucky. Representatives from Intergroups and lone meetings may send representatives to region assemblies to participate in decisions regarding regional activities and related issues. Region 5 has a Strategic Operation Plan to help us build strong meetings, increase public and professional awareness, and help create committed service bodies.

There was also an Intergroup meeting to explain to the 20 some participants of the retreat how the Upper Peninsula Intergroup can unite to accomplish more. I believe the visiting participants from Wisconsin were impressed with our enthusiasm and unity. We gladly learned we do not have to reinvent the wheel. Region 5 wants to help! They have definitely been an unknown untapped resource for the Upper Peninsula.

Financial Report for 2011 retreat			
Expenses		Income	
Rooms	\$1,810.04	Fees	\$2,371.13
Food	\$686.88	We care & Auction	\$184.50
Food	\$138.33		<u>\$2,555.63</u>
Gas Card	\$54.95		
Gas for Speaker	<u>\$120.00</u>		
	<b>\$2,810.20</b>		

Upper Peninsula OA Intergroup Financial Report for Year Beginning May 2011 - April 2012						
				<i>A more detailed report of income and expenses will be available at the May Intergroup Annual Meeting</i>		
Beginning Balance May 2011		\$1,173.84				
Income		\$4,409.73				
Expenses		\$3,305.13				
Balance ending April 2012		\$2,278.44				

## Newsletter Committee Annual Report

Well I suppose the term committee might refer to the ones in my head since I am the only member of the newsletter committee. Which has my committee meeting discussing how this is working for me.

In one way, I love it—I get to do it my way. The newspaper gets out when I want it to , it looks like I want it to and I get to say what I want and edit what I don't want. Geesh, that is enough to make me want to run for miles, but that is not what I am being asked to do today.

I am being asked to work with those demons. I was once told and I sure do not remember when, where or who told me (which makes me a lousy newsletter reporter) that the purpose of working the 12 steps and 12 traditions was to see our defects turn into assets. As usual, I am being shown that life is one big

paradox. I sometimes do not have the courage to look at this side of myself. I rather avoid and find something less challenging to undertake as service.

After sending out one of my earlier newsletter, I really pouted because I did not believe one person really passed on the newsletter to their group and read it. But I've been reading the book "AA Comes of Age". Bill W. continued his work with the AA Home Office without support because that is what kept him sober. So the newsletter is what I do to keep me abstinent.

My hope is that our individual meetings become stronger as we become more connected. I believe the newsletter serves this purpose and would welcome anyone who would like to make this a real committee.

The Newsletter is published quarterly—February, May, August, November. Hard copies are mailed to the secretaries of each UP meeting. The newsletter is also sent to U.P. Intergroup Representatives. In May 2012, the newsletter will be mailed to a couple of IGs in Wisconsin who send us a copy of their newsletter. If you would like to receive a copy by email, please let me know. The newsletter is also available on our intergroup website.

For our newsletter, I check the WSO newsletter, Lifeline and other OA newsletters for updates on information, events and articles to publish. The minutes from the latest intergroup meeting is included and I am always looking for a someone to share their story. Deadlines for articles to be submitted is 15 days prior to the quarterly month.

-Laura P.

## Outreach Committee Annual Report

This has been one of the last committees to get off the ground . The individual meeting retreats were the first to come along in 2005. They brought us together annually and we continue to love the unity we receive each year. We wanted to assure their continuation by living within the traditions and combining the resources of all Upper Peninsula Meetings. The creation of the Intergroup Website put us on the map and made the Intergroup a reality. Thus, a rocky Intergroup was started in 2010.

We established a quarterly newsletter with a format and the name "Branching Out" after our first annual intergroup retreat in 2011. Another check off the list. We are now organized with the support of all OA groups in the Upper Peninsula, our Region 5 and the World Service.

The Outreach started by members wanting to attend local health fairs. No one group needed to create their own material. The Intergroup ordered OA brochures, printed a list of UP meetings, and made sure we knew where to find the poster

board for events. The committee assists in recruiting volunteers for the day.

Thanks to the contributions from meetings, a professional board and laminating material for the board will be purchased so that it will last longer without looking tacky. We will purchase a phone with a number big and bold to put on the board along with our website address. Responsibility for receiving calls from the Intergroup phone will alternate between committee members. Hopefully, we will have the number listed in other places, such as, flyers and telephone books.

We have purchased WSO Outreach manuals that have all the step-work and samples needed to launch effective referrals from doctors and clergy. The question Bill raises in his book, *AA Comes of Age*, is "Do we need this particular service?". And he continues to list throughout the book a plethora of individuals, who gave their time, talent, and treasure to make sure the AA group did not stagnant and die.

With the present committee of two, we can accomplish our 2012 goals; a) professional material available for fairs and b) a phone number the compulsive overeater can call to reach a live person.

With a committee of more we could get our phone number published in more places, we could start a campaign to reach doctors and clergy. We could actually listen to the ideas we are given. So if you think we need these particular services? Please consider helping us fill in the 2012 -2013 Outreach Committee Activities.



## Meetings & Special Events

UP of MI OA Intergroup Meets by Conference Call on the Second Saturday bi-monthly in July, September, November, January, March and May at 12:30 PM  
Dial in number 712-432-3900 @ Access code 132873

### May 18-20 — "The Promises" Spring Retreat, Upper Peninsula of Michigan OA Intergroup

**November 17** International Day Experiencing Abstinence (IDEA)  
Celebrated the third Saturday in November, this day encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.

**December 12** — Twelfth-Step-Within Day  
Celebrated on December 12 (12/12) each year to encourage OA service boards, meetings and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.



## Service Involving Long Timers in Intergroup

### • *How can we get longtimers involved with intergroup?*

If the apparently reluctant longtimers have a recent and extensive history of serving at intergroup, perhaps they are practicing rotation of service. It is of great value to any service body, however, to have a balance of OA members who are beginning to contribute their time and talent to a service body, along with some OA folks who have experience, strength and hope to share from holding service positions.

One of the best methods to attract OA members, regardless of experience, is the personal approach. Personally invite a service prospect to attend the next business meeting. Inform that

person of the service opportunities available and suggest a position you think that OA member would be well suited to hold. Encourage attendance by arranging to go with the person to the meeting. Nominate that person during the election process. Some OA members are reluctant to serve if taking a service position involves doing all of the tasks or recruiting other OA members to help out. That need not be the case if the prospect is assured that there are OAers ready to serve, too.

Another effective way to foster service in OA is for sponsors to encourage their sponsorees to become involved with OA service. This idea can be incorporated into a sponsorship workshop.

— August 1998 WSO Ask-it-Basket

### 2012 Open IG Two Year Positions

#### CHAIR

- Presides at all Intergroup meetings
- Responsible for establishing agenda
- Appoints delegate to Region 5
- Casts the deciding vote on ties
- Ensure accounts are audited annually

#### SECRETARY

- Minutes are kept and sent to Intergroup Representatives
- Maintains minutes of past meetings
- Responsible for the correspondence of the Intergroup

- U.P. Intergroup Bylaws page 6-7